



Self Care Worksheet

WE ALL NEED SELF CARE EACH DAY TO FUNCTION

Self care is the buzz word right now but it certainly needs to be. You've heard of self care or self love before but have you really taken the time to stop and really acknowledge it?

Self care is so important for your mental health and it really helps you to cope with things that come up in your life and relationships. It incorporates so much but mostly it includes

Wellbeing, Nutrition, Mindset, Meditation, Reading, Senses, and so much more.

Just take 5 minutes out of your day to do something for you. Your body, mind and soul will thank you for it.

Here is a list of 20 activities you can choose from to do for today's Self Care. You can pick 1 or 5 or 20.

The choice is yours and each one you do, write down afterwards how you feel. Let me know in the comments below how you feel and which one you picked. I'll let you know which one I did to.

Top 20 Activities To Do For Your Self Care

1. Relax in the bath with your favourite oils and salts
2. Read a book
3. Walk bare foot in Nature
4. Have a lay in
5. Say No to a friend or family member

6. Light a candle

7. Meditate

8. Journal

9. Move by Yoga, Dance, Exercise

10. Set a positive intention for the day

11. Declutter one room or get rid of non meaningful items

12. Do something that makes you laugh

13. Phone a friend and have an actual conversation

14. Play a game

15. Spend some time gardening

16. Make some Kombucha or bake something

17. Take a nap

18. Spend time with your family away from any devices

19. Drink a cup of green tea/ herbal tea

20. Have fun and laugh, switch off and enjoy the day

Just by adding a few of these into your daily routine, you will have so much more of a clearer mind to carry on and start your week a fresh.

Below is a Self Care Sunday Bingo card. Choose one each Sunday and do an activity. This will really set you up for the week ahead but it also allows you to have a clearer mind going into any situation which you might be facing right now within your relationship.

Sunday SELF-CARE Bingo

TOOK A SHOWER	PROCESSED MY FEELINGS	PLAYED WITH MY PET	COMPLIMENTED MYSELF	CAUGHT UP WITH FRIENDS
COOKED A HEALTHY MEAL	EXERCISED	DECLUTTERED MY SPACE	TOOK A BREAK	GOT DRESSED
MEDITATED	COMPLEMENTED SOMEONE	SELF LOVE	WROTE IN MY JOURNAL	HUGGED MY PARENTS
TOOK A MENTAL HEALTH DAY	SPENT TIME WITH NATURE	TAMED NEGATIVE THOUGHTS	GOT 8 HOURS OF SLEEP	PRACTICED COMPASSION
DID A CUCUMBER EYE MASK	DRANK WATER	Took A SOCIAL MEDIA BREAK	DROPPED A HABIT	TREATED MYSELF

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